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You can achieve...

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Welcome!

Welcome to "Change Your Life!"

"Wha

Quotes

"Yesterday is the Past
Tomorrow is the Future, Today is a gift that's why they call it the Present!"

Anon

"I close my eyes in order to see"

Paul Gaugin

"Your duty to yourself is to believe that for which you have sufficient evidence, and to suspend your judgment when you have not. Any sufficiently advanced technology is indistinguishable from magic. Some things have to be believed to be seen. Vision is the art of seeing invisible things"

Bob Brown

"The greatest discovery of my generation is that human beings can alter their lives by altering their attitude of mind"

William James

Thinking About Changing? More About The Therapist!..

"Hello my name is Patrick Stacey, I am a hypnotherapist and NLP master practitioner with a solution-focused approach. I offer a unique blend of empathy, expertise, humour and experience and use a range of methods to help you to change..."

Most "hypnotherapists" use "suggestion hypnosis" in helping people to overcome their problems or achieve their goals.

However experience has shown me, and research demonstrates, that by combining successful elements of hypnotherapy (e.g. Ericksonian suggestion hypnosis, regression), NLP (e.g. parts therapy, positive visualisation) and other cognitive therapies as appropriate, greater success is achieved in a shorter period.

I therefore am using combined cognitive and hypnotic methods at my sessions, I simply don't do "hypnosis" on it's own, I use hypnosis as a very powerful tool to cement the other changes during the session and this works very well. I want your changes to be permanent!

Personal Change Therapists have an unusual profession(!), it can also be extremely satisfying, noticing the results achieved dealing with various issues. I am motivated by results, so I will only use a technique if I believe it will have a high chance of success with you. I promise you that I will do my best to be successful with your issue no matter what it is - in the briefest period of time. You might

How Can Hypnosis Help?



Stop Smoking "Fast Track" method Specialist :



Want to Stop Smoking Easily?

Discover how you can by combining HYPNOSIS, and more conscious methods eg NLP and EFT...

Unlike some other "specialists" who are charging £250 to £350 or more, for a single session stop smoking session, I charge a more affordable price which includes 2 sessions giving me time to find your personal reasons (triggers) for smoking and also to have a VERY high success rate!

[\[Learn More\]](#)

Weight Control without "yo yo" dieting :



"It's far better to gain control over your weight without going on endless diets, dealing with the emotions behind the issue!"

[6 Session Course Available](#)

IMPORTANT

Sorry, I am moving abroad for a while soon so no new face to face clients. However, for a period I will if you would like, give impartial practical advice by email. FREE.

NHS
Registered
Provider

GHR

Certified as a Registered
Hypnotherapist by

**The General
Hypnotherapy Register**

the registering agency for the

**General Hypnotherapy
Standards Council**

GHSc



If you have an emotional issue you would like to deal with solely using "Emotional Freedom Technique".

I recommend the following [EFT](#) Practitioner.

want to look at some of my genuine
client feedback on this page.

By visiting this site you could have
already taken a step towards a better
and more fulfilling life.

**Why not boldly put your best foot
forward, make that decision to
change at last, and phone or email
me now?, You will find me
approachable and friendly! (although
If I don't answer the phone it is
probably because I am with a client).
In which please email or leave a
message on my answerphone.**

Patrick Stacey

Phone 01489 780903

or E-mail me at:

changeworks@patrickstacey.com

**Considering Making an
Appointment?**

[More about me...](#)

[How to Find Me..](#)

ps: I hope you don't find the site
confusing or overwhelming, I've
spent ages struggling to get the
content how I want it! I would
appreciate feedback on whether it
needs simplifying.

What else can Hypnosis be used for?

**"Personal Change Need Not be
Painful Or Hard!.."**

I can help you to overcome the
following:

- ✿ [Become a Non-Smoker](#)
- ✿ [Take Control of Your
Weight](#)
- ✿ [Reduce Your Stress](#)
- ✿ [Help you keep your New
Year's Resolutions](#)
- ✿ [Increase your Self-
Confidence](#)
- ✿ [Raise your Self-Esteem](#)
- ✿ [Sleep Better](#)
- ✿ [Improve Academic
Performance](#)

[\[Learn More..\]](#)

Reduce Your Stress Levels :



**Reduce or eliminate stress. So many
people suffer from stress,** I can teach
you far more positive ways to deal with and
remove stress....

[\[Learn More..\]](#)

Deal With Panic Attacks and Phobias :



**Release your fear of something. e.g.
air travel, heights, spiders,public
speaking.** If you have a phobia you will
know that the main distinguishing feature of
a phobia is the.... [\[Learn More..\]](#)

Phone me on 01489 780903

or E-mail me with your query at:

changeworks@patrickstacey.com

A selection of feedback from previous clients....

*"After 2 sessions,Patrick, I have regained much of
the drive I used to have years ago!" Sue*

*"Thanks for the techniques you have given me - I'm
using my "Circle of Excellence""all the time"
Julie*

"I'm really confident now in the class room" Tom

*"I now have the courage to do what I have to,that
"anchor" is really powerful" Simon*

*"I felt relaxed and ready for anything, my exam
nerves were gone" Linda*

*"That was wonderful, I can get on with living my
life, I just want to go for it! Doreen*

- *[Improve Sports Performance](#)
- *[Improve Your Memory and Recall](#)
- *[Overcome Fears and Apprehensions](#)
- *[Overcome Feelings of Panic](#)
- *[Prepare You Mentally for Surgery and Dental Work](#)
- *[And More ...](#)

If you would like to know more, please email me with details of your particular issue and I will do my best to reply quickly.

More about the techniques I use..:

*[What is Hypnosis, will I be out of control? Am I going to cluck like a chicken?](#)

*[What is NLP?](#)

*[What is EFT? \(Emotional Freedom Technique\)](#)

*The modern techniques I use with people to create the desired change, include **Hypnotherapy**, "state of the art" **NLP** and the "modern miracle" of **EFT**. Hypnotherapy is even more effective combined with NLP. I am a certified **Master NLP Practitioner** and hold a Diploma in Hypnotherapy - I am registered with the very reputable **General Hypnotherapy Register** & the **NHS**.

To Make An Appointment :

Phone me now on 01489 780903
or Email me at

changeworks@patrickstacey.com

[Easy directions to find me..](#)



Feeling Like This?

Change can be confusing and painful, and if you are in

"I will look forward to the future with confidence in the knowledge that I can do it!" Alex

"I came to you 2 months ago suffering Panic Attacks..I am feeling a real sense of freedom now" Pat

"Thank you - since I've stopped I've felt so good - I just don't have the need to smoke" Ron

The names have been changed to protect confidentiality

Helpful Advice

If you would like free advice, or would like to make an appointment, please phone or e-mail me - phone on 01489 780903, or email

changeworks@patrickstacey.com

Very Flexible and Easy to get to..

- *Southampton/Portsmouth/Winchester Area Covered
- *Home Visits Available, Hypnotherapy CD's
- *Near Marks & Spencer, Hedge End J7 M27
- *I can sometimes arrange same day appointments, if you are flexible!

Thank you for reading this far, why don't you look at my:

[FREE Downloads Page!](#)

emotional pain at the moment, or are feeling disgusted with yourself for smoking that last cigarette or anything else you hate or dislike doing or being like, maybe you could see that as actually a positive sign meaning your unconscious mind is letting you know that it's had enough!

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*Einstein Said "The height of
insanity is doing the something
same after time - but expecting
different results!
Isn't it time you learnt to do
something different? Patrick*

FREE Newsletter

JOIN MY LIFE TIPS
MAILING LIST

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join

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Goto my **FREE Downloads Page!**

Patrick Stacey, 3 Richlans Road, Hedge End, Southampton

Telephone. : 01489 780903

changeworks@patrickstacey.com

Hypnosis for Change